

All About Internships

careers.ucr.edu
(951) 827-3631

CONNECT. INSPIRE. EMPOWER.



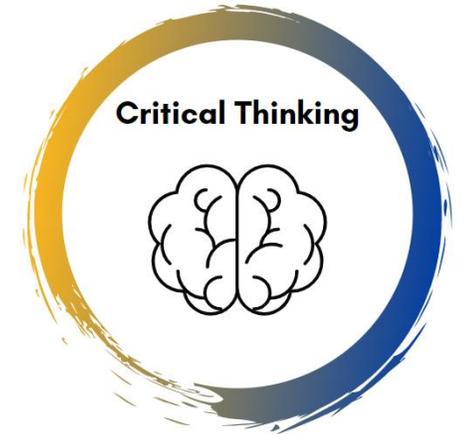


Agenda

- **What is an internship?**
- **Why are internships important?**
- **How to find internships?**



NACE CAREER READINESS COMPETENCIES



*Obtaining **requisite competencies** that broadly prepare college graduates for a **successful transition** into the workplace.*



What You'll Learn Today

At the end of this workshop, you will be able to...



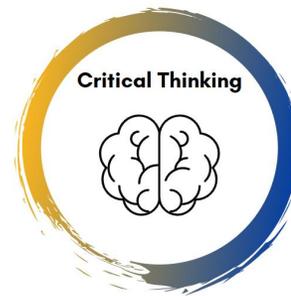
Describe an internship experience



Explain why internships are important



Identify methods of finding internships





What is an internship?

What is an internship?



**“An internship by any other name...
... would be just as awesome of an experience”**

-Scottie the poet





What is an internship?

Internships

Paid or unpaid (by industry)

Credit or no credit

Short-term

Part-time or full-time

Co-ops

Paid

May have to take 1 or more quarters off

Longer-term

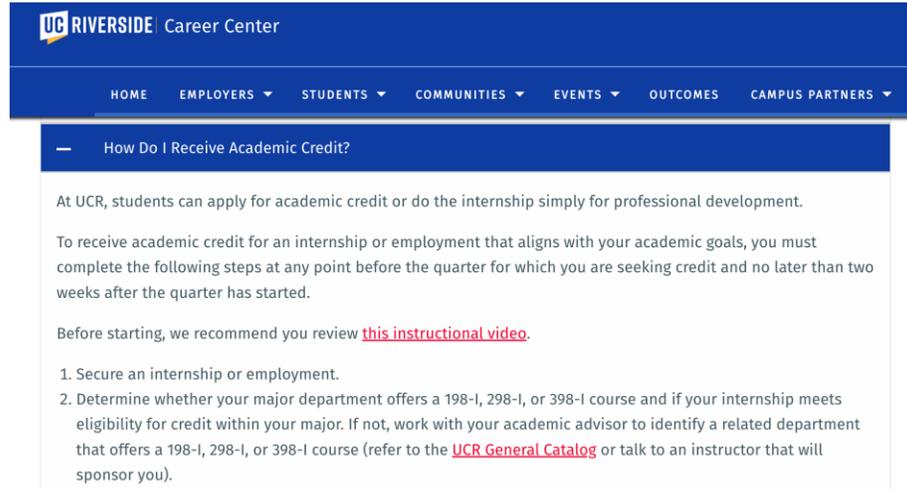
Typically full-time

What is an internship?

Criteria to be considered an internship on Handshake

- Must be a learning experience that provides the opportunity to **apply knowledge gained in the classroom**
- The skills/knowledge must be **transferable** to other settings
- The experience has a **defined beginning and end**
- There are clearly defined **learning objectives/goals related to the professional goals** of the student
- There is **supervision by a professional** with educational and/or professional background in the field of the experience
- There is **routine feedback** by the experienced supervisor
- Resources, equipment, and facilities are **provided by the employer** to support learning objectives/goals

How to secure academic credit



Visit the Career Center Website

Complete the Internship Form

Verify enrollment*
*Summer Session enrollment has additional fees



**Why are internships
important?**

Why are internships important?

Because it is an influential attribute for employers

“... when employers have **equally qualified candidates**, they choose the candidate with internship experience. Candidates who have completed an internship with a hiring organization have a slight edge over those with internship experience in a given industry, but.” **both attributes show the highest influence ratings in choosing one candidate over another.**”

Choosing Between Equally Qualified Candidates

FIGURE 48: INFLUENCE OF ATTRIBUTES

ATTRIBUTE	2023 AVERAGE INFLUENCE RATING*	2022 AVERAGE INFLUENCE RATING*	2021 AVERAGE INFLUENCE RATING*
HAS COMPLETED AN INTERNSHIP WITH YOUR ORGANIZATION	4.5	4.4	4.5
HAS INTERNSHIP EXPERIENCE IN YOUR INDUSTRY	4.3	4.3	4.3
MAJOR	3.7	3.8	3.8
HAS GENERAL WORK EXPERIENCE	3.7	3.7	3.6
HAS HELD LEADERSHIP POSITION	3.5	3.6	3.6
HAS BEEN INVOLVED IN EXTRACURRICULAR ACTIVITIES (CLUBS, SPORTS, STUDENT GOVERNMENT, ETC.)	3.3	3.5	3.4
HAS NO WORK EXPERIENCE	3.2	3.3	3.2
HIGH GPA (3.0 OR ABOVE)	2.9	3.1	3.2
HAS DONE VOLUNTEER WORK	2.7	2.7	2.8
SCHOOL ATTENDED	2.3	2.6	2.5
IS FLUENT IN A FOREIGN LANGUAGE	2.1	2.1	2.1
HAS STUDIED ABROAD	1.8	2.0	1.8
OTHER	3.8	3.0	3.9

*5-point scale, where 1=No influence at all, 2=Not much influence, 3=Somewhat of an influence, 4=Very much influence, and 5=Extreme influence.

Why are internships important?

You have the opportunity to apply your skills!

Technical Skills

What are they?

- Objective
- Easy to prove

Examples

- Social media
- Languages
- Computer
- Programming (software)

How to get them

- Training
- Coursework
- Certifications

Transferable Skills

What are they?

- Subjective – your personal approach
- Proven over time

Examples

- Communication
- Team Player
- Leadership
- Responsibility

How to get them

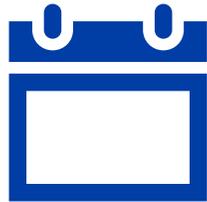
- Student organizations
- Jobs/Volunteer experiences
- Group projects



How to find an internship

Finding an internship

How are employers looking for interns?



Recruitment time

On average, employers start recruiting 5-8 months before the internship program starts.



Search methods

Career fairs, information sessions, and posting opportunities online are the most popular and most effective methods for employers.



Selecting top candidates

Between equally qualified candidates, students who have held a leadership position, major, and involvement were more likely to be chosen.

Finding an internship

Use various searching strategies.

Databases

- [Handshake](#)
- [CareerShift](#)
- [Undergraduate Research Portal](#)
- [Volunteermatch.com](#)
- [Idealist.org](#)
- LinkedIn Jobs
- Chegg Internships
- [ParkerDewey](#)
- Industry-Specific Portals/Websites

Direct application

- Company websites
- Research Experience

Networking

- Share your interests
- Faculty, friends, and family
- LinkedIn
- Social Media (groups & pages)

Associations

- E-newsletters
- Career/Internship portal
- Conferences

Can't find what you are looking for?
Consider creating your own experience!

Live Demo

Finding an internship

Tap into your network.



FRIENDS/ FAMILY

Classmates
Friends
Parent/Guardian
Family Friends

UCR PEERS/ ALUMNI

Student
Organizations
Campus Events
Workshops

FACULTY/ STAFF

Academic
Department
Previous Course
Professors
Club Advisors
UCR Staff

PREVIOUS EMPLOYERS

Supervisors
Mentors
Co-workers

EVENTS

Career Fairs
Panels
Info Sessions
Social Events
Networking Events

Finding an internship

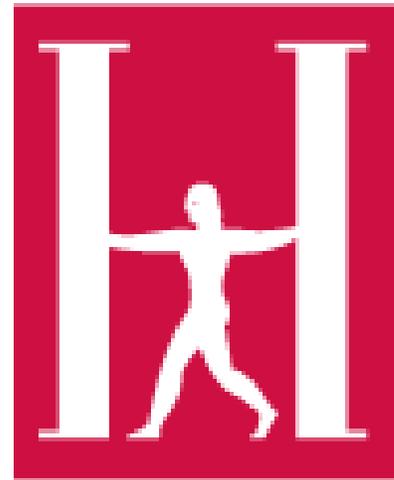
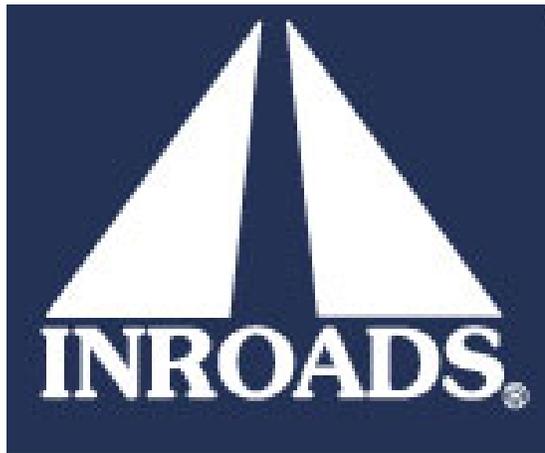
Internship Programs

UCDC UC Washington Academic Internship Program



ACADEMY

Los Angeles
County
**Arts &
Culture**



H A C U

MOMA
MUSEUM OF MODERN ART®

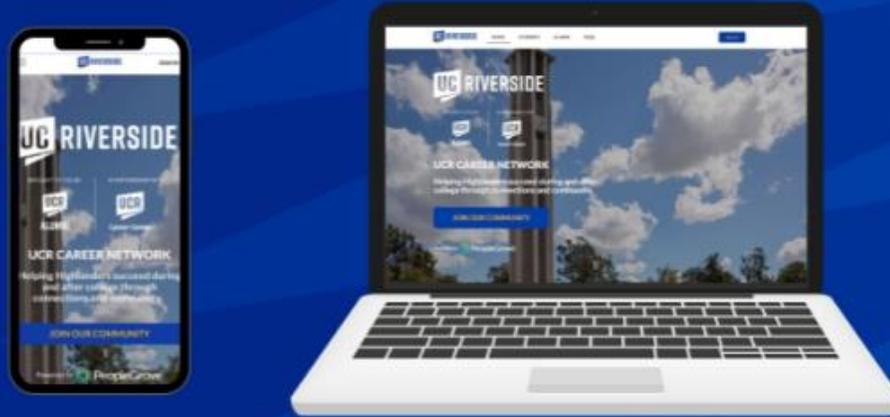
**Television
Academy
Foundation**

BUNAC
Working Adventures Worldwide



CAA

UC RIVERSIDE
Career Center



Join the UCR Career Network, an online community for networking, mentoring, and job opportunities for alumni and students.

MENTORING

Matching process that connects current students with alumni or alumni with one another.

JOB SEARCH

Job board for those currently seeking employment or for alumni looking to hire other Highlanders.

NETWORKING

Discussion boards to meet and network with others who have similar career questions.

REGISTER AT [CAREERNETWORK.UCR.EDU](https://careernetwork.ucr.edu)



Questions?

Location: We are located in the Career Center Plaza. Our entrance is the University Lecture Hall and the Surge Building, behind the UCR Campus Store.

Hours:

Mon. - Fri. 8 am to 5 pm

Individual counseling appointments available

Schedule on Handshake

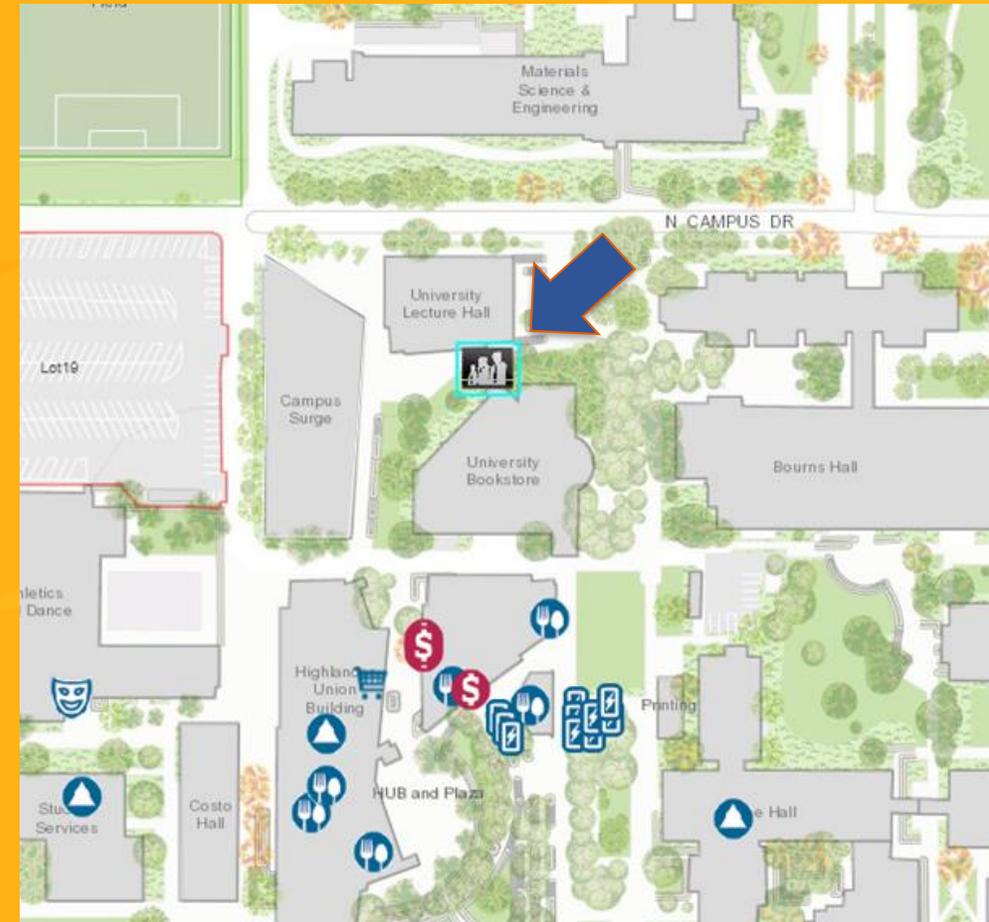
Drop-in Hours:

Mon. - Fri. (days & times vary)

View drop-in schedule on our website <https://careers.ucr.edu/>



Career Center



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